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# My Morning Habits

TRUMAY  
BY APP, FOR APP

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This Trumay card belongs to:

Habit Tracker: Cross out every day you follow the routine

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
| 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |



M1  
TRUMAY  
HABITS

Greet  
elders  
and say  
your  
prayers

M1  
TRUMAY  
HABITS

Brush  
your  
teeth

M1  
TRUMAY  
HABITS

Do  
physical  
exercises

M1  
TRUMAY  
HABITS

Take  
shower  
& get  
dressed

M1  
TRUMAY  
HABITS

Read  
news

M1  
TRUMAY  
HABITS

Eat  
break-  
fast

M1  
TRUMAY  
HABITS

Put on  
your  
shoes

M1  
TRUMAY  
HABITS

Leave  
for  
School

Velcro tape



Velcro tape



# Morning Routine Buy Online Tutorial

**AW Chickering**



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